

## Saturday

7.00am	THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
9.00am	THE MORNING MIX.
10.00am	HRS PRESENTS.
11.00am *	SATURDAYS WITH MATT GILES A great music mix, requests and some interactive fun!
2.00pm	KICK UP THE 80's.
3.00pm *	SATURDAY SPORT AND YOUR REQUESTS with Colin Smith.
5.00pm	CARL RICHARDS with 70's No.1's.
6.00pm	HRS PRESENTS.
7.00pm	THE MUSIC BOX.
8.00pm	THE MUSICALS HOUR.
9.00pm	CLASSICAL HOUR
10.00pm	NIGHT MOODS taking you through the night.

## Sunday

7.00am	THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
9.00am	SUNDAY MORNING WAKE UP CALL with Jase Everett.
11.00am	ON THE SUNNY SIDE OF THE STREET with Ken Anton.
12 noon	THE MIDDAY MIX.
1.00pm	NEW MUSICALS HOUR.
2.00pm	TIME AFTER TIME with Ken Anton.
3.00pm	SIMPLY SUNDAY easing you into a new week.
5.00pm	THE MUSIC MARATHON.
6.00pm	THE HRS PLAY.
7.00pm	SOUNDS OF THE 70s
8.00PM	TRUE COLOURS
9.00pm	CLASSICAL HOUR
10.00pm	NIGHT MOODS taking you through the night.

**Request your favourite  
song or music track  
Tel. 01785 223456  
Text or WhatsApp  
07895 877189**



## **WINTER PROGRAMME SCHEDULE**

**15 December 2025 – 8 March 2026**

## Monday

7.00am	THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
9.00am	THE MORNING MIX.
10.00am *	REELING IN THE YEARS with Adam Croucher.
12 noon *	No 1's THROUGH THE DECADES Tina and Alan Tomlinson look at No.1's from a month gone by from 1970 to 2000.
2.00pm *	MONDAY AFTERNOON requests with Colin Smith.
4.00pm	NEW JUKEBOX HOUR
5.00pm	SOUNDS OF THE 60's.
6.00pm	A KICK UP THE 80's.
7.00pm	CLASSIC COUNTRY with Tony Crooke.
8.00pm *	INTO THE NIGHT Ben Hodgson playing your requests and those long forgotten album tracks.
10.00pm	NIGHT MOODS taking you through the night.

## Tuesday

7.00am	THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
9.00am	THE MORNING MIX.
10.00am	HRS PRESENTS.
11.00am	BACK IN TIME TO THE 1970s
12 noon	THE MIDDAY MIX
1.00pm *	ONLY ON A TUESDAY requests and entertainment with DJ Stiggy.
3.00pm *	TUESDAY AFTERNOON requests with Colin Smith
5.00pm	KARL RICHARDS No1s from the 80's and 90's.
6.00pm	THE NEW JUKEBOX HOUR
7.00pm	HRS JUKEBOX
8.00pm	MUSIC MARATHON
10.00pm	NIGHT MOODS taking you through the night.

### Wednesday

7.00am	THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
9.00am	THE MORNING MIX.
10.00am	HRS PRESENTS.
11.00am *	GOOD VIBRATIONS and morning requests with Oliver Dickie.
1.00pm *	HERE, THERE AND EVERYWHERE with Heather Edwards.
3.00pm *	WEDNESDAY LIVE with your requests presented by Keith and Lynn.
5.00pm	SOUNDS OF THE 70s
6.00pm	HRS PRESENTS
7.00pm	ROCK AND ROLL HOUR.
8.00pm *	STAGE AND SCREEN Request your favourite songs from stage shows and the big screen, with Adam Spindler.
10.00pm	NIGHT MOODS taking you through the night.

### Thursday

7.00am	THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
9.00am	THE MORNING MIX
10.00am	HRS PRESENTS
11.00am	A NEW DECADE Music from the 2000's.
12 noon *	THE VINYL COUNTDOWN Alan Tomlinson visits our Singles collection.
2.00pm *	GUESS THE YEAR/SPECIAL OCCASIONS with DJ Stiggy.
4.00pm	A KICK UP THE 80's.
5.00pm	THE HRS PLAY.
6.00pm	THE ROCK AND ROLL HOUR.
7.00pm	THE MUSICALS HOUR.
8.00pm *	SOUL SERENADE and your Thursday requests with John Jinks.
10.00pm	NIGHT MOODS taking you through the night.

**Hospital Radio Stafford is staffed entirely by volunteers. If you would like to join us, or make a donation, or find out more about what we do:**

**\* Call us on 01785 223456**

**\* Text or WhatsApp 07895 877189**

**\* email [secretary@hrstafford.org.uk](mailto:secretary@hrstafford.org.uk),**

**\* Visit our website [www.hrstafford.org.uk](http://www.hrstafford.org.uk)**

**\* View our facebook page : [www.facebook.com/hrstafford](https://www.facebook.com/hrstafford)**

**\* Listen Live at: <http://hrstafford.org.uk/listen-live>**

### Friday

7.00am	THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
9.00am	HRS PRESENTS.
10.00am *	ART & ALL THAT JAZZ Art Field presents nostalgic Jazz and Blues.
11.00am	A NEW DECADE
12 noon	THE MIDDAY MIX.
1.00pm	90's REPLAYS.
2.00pm *	THE STEAK & KIDNEY CLUB with Colin Smith. Entertainment and requests from the Renal Dialysis Unit, County Hospital.
4.00pm *	HEY, IT'S SHANNON with her favourites from the 80's and 90's.
6.00pm	CARL RICHARDS with No.1's from the 80's or 90's.
7.00pm *	FRIDAY NIGHT THERAPY with Rob Hughes. Listen in to hear your Friday Night requests.
9.00pm	ON THE SUNNY SIDE OF THE STREET with Ken Anton.
10.00pm	NIGHT MOODS taking you through the night.

**Hospital Radio Stafford, Rear Lodge, Knight Avenue,  
STAFFORD. ST16 3QA**

**HRS – 'Your Voice of a Friend'**

**Request your favourite song or music track to be played  
on Hospital Radio Stafford.**

**Telephone: 01785 223456**

**Text or WhatsApp: 07895 877189**

HRS is a Registered Charity (No. 504126).

\* Denotes a 'Live' Programme

Updated 9.2.2026